

CALENDAR | November/ December 2021



INSPIRATION
AT WORK

Hours of Operation: Monday & Friday | 9:00am – 4:30pm
Tuesday, Wednesday & Thursday | 9:00am – 6:00pm

During the COVID-19 Pandemic THRIVE program is offering Zoom/ Phone 1:1 Sessions and Group Sessions Online and In-Person. See individual programs below for more info.

**Most Programs start the week of Nov 8th – 12th
Unless otherwise specified**

New Participants: We are accepting new Intakes during this time. Our intake form is available on our Open Door Group THRIVE Website:

<https://www.opendoorgroup.org/programs/thrive/>

Leisure Education

Basics of Embroidery | Embroidery is the art of stitching gorgeous patterns onto fabric to create decorative designs using a needle and thread. Join us in stitching some fun patterns—no sewing experience required.

Mondays 2:00pm – 3:00pm (ONLINE)



Music Group Ukulele | Are you interested in learning the basic skills of playing Ukulele and enjoying music with peers? Have you played Ukulele or guitar before? This class is for you. Join this four week long program full of music and fun. **Wednesdays 2:00pm – 3:00pm (OFFICE)**

Seasonal Community Exploration | Join this community exploration group to learn about and visit some of Vancouver's winter and holiday events. Each session the group will be visiting a new local venue to explore what our community has to offer.

Mondays 2:00pm-4:00pm (OUTDOORS)

Seasonal Holiday Gift Making and Crafts | Create an assortment of holiday themed crafts also learn how to make your own affordable yet attractive small gifts to give away to special ones for the holidays.

Wednesdays 11:00am-12:30pm (OFFICE)

Needle Felting for Beginners | Are you looking for a new way to express your creativity? Why not try needle felting—a fun and tactile project transforming wool into 3D objects using a barbed needle. Learn how to make a variety of three dimensional figures and ornaments for the holiday season. No experience necessary.

Fridays 11:00am – 12:00pm (ONLINE)

Seasonal Holiday Cards Making | You don't need to spent money for Holiday Cards anymore. Join this program and learn how to make nice and creative Holiday Cards to send to your family and friends. **Tuesdays 4:00pm-5:30pm (ONLINE)**



Jewelry Making | Join this fun jewelry making group to learn how and to make various pieces of jewelry. You will be using various jewelry making products everything from beads to hemp. **Thursdays 11:00am-12:30pm (OFFICE) Start Nov 18th**

Personal Development

Self-Compassion | "When we are mindful of our struggles, and respond to ourselves with compassion, kindness, and suport in times of difficulty, things start to change" K. Neff.

This workshop helps you to understand what self-compassion is and strategies to practice self-compassion in daily life. **Mondays 1:00pm – 2:00pm (ONLINE)**

Building Resilience | Resilience means ability to withstand difficult and challenging times. It is personal journey, unique to each individual. We can learn to be more resilient by learning how self-efficacy, sense of humour, our ability to adapt, attachment to others and optimism are connected. We will discuss how to undertand and think of change as a challenge and how to develop our ability to tolerating stress. By examining these themes and learning how they are interconnected, will help us come out the other side of advesity stronger. **Mondays 11:00am – 12:30pm (ONLINE)**

Positive Thinking | Can optimism be learned? Yes it can. Learn how to change your attitude and behaviour by recognizing negative self-talk and think more positively in this gratitude based experiential group. **Tuesdays 11:00am-12:00pm (ONLINE)**

Motivation & Daily Routine | This Zoom workshop is a combination of learning about what motivates you and helps you move forward to reach your goals and strategies on how to maintain and plan your healthy daily routine. **Tuesdays 3:00pm – 4:30pm (ONLINE)**

Healthy Living and Physical Health

Mindfulness and Relaxation | During times like this we sometimes experience heightened anxiety, fear, disconnection and isolation. This fun, interactive Zoom workshop explores various mindfulness exercises and techniques to support your mental wellbeing and help you to stay present. **Tuesdays 11:30am – 12:30pm (ONLINE)**

Holiday Stress Management | Everyone experiences stress, and holidays can add additional stress and affect your wellbeing. In this program you will learn about causes of stress and various coping strategies and techniques that can help you tackle and manage in stressful situations. **Fridays 2:00pm-3:00pm (ONLINE)**

Badminton | Are you new to badminton or would like to learn to play it for fun? This program is an introduction to this amazing racquet sport. This program will take place at a community centre, therefore **vaccine passport will be required**. **Mondays 1:00pm-3:00pm (Creekside Community Centre)**

Gym Orientation | Does the gym feel intimidating? Not sure how to use the equipment? Join this small group program to learn how to exercise safely, familiarize yourself with the community centre weight room, and leave with a basic fitness routine. This program will take place at a community centre, therefore **vaccine passport will be required**. **Thursdays 10:30am-11:30am OR Thursdays 12:00pm – 1:00pm (Mt. Pleasant Community Centre) Start Nov 18th**



To find updates and program calendars like our Facebook

page www.facebook.com/odgthrive or follow our **Instagram account** [@thriveodg](https://www.instagram.com/thriveodg)

Chair Yoga with Karma Yoga Studio ONLINE | Join this beginner chair yoga group. This yoga is for everyone who would like to learn yoga and stretching poses when you are sitting on your chair. The class includes 45min of strengthening, stretching, fascial work and 15min of breath, grounding and meditation.

Tuesdays 12:00pm-1:00pm (ONLINE)

Walking Group Leisure | We all know that walking is so important, but it can be hard to find motivation to do it in the wet weather. Join our leisurely walking group to commit to your health, socialize and encourage each other to get out each week, regardless of the rain! **Fridays 3:00pm-4:30pm (OUTDOORS Trout Lake)**



Walking Leisure Big Elf Christmas Walk | This goal oriented program is training for the Big Elf 10km walk on December 11th 2021. This group has been running since September, so interested members should already be walking regularly and are comfortable with doing around 7-8kms.

Wednesdays 2:00pm-3:30pm (OUTDOORS Seawall)

Running Big Elf Christmas Run | This goal-oriented program trains you to run 5 or 10 kilometers. Participants will learn step by step how to effectively train for a 5K or 10k run. Participants will train and then have the opportunity to complete the Big Elf Run on December 11th, 2021.

Wednesdays 11:00am-12:00pm (OUTDOORS Trout Lake)

Connections

Book Club | Enjoy literature and reading, and want to share your interest with other book lovers? Then join our virtual and interactive book club, where we will read and discuss topics from Oprah Winfrey's book "What I know for Sure", and explore community, events, themes and resources together." Anyone who hasn't read the book is welcome to join?

Tuesdays 4:30pm – 6:00pm (ONLINE)

Worry and Rumination | In this discussion-based program participants will learn coping skills and strategies to 'Master Your Worries'. This workshop is designed to provide you with some information about chronic worrying and generalised anxiety and offer strategies designed to improve general health and wellbeing.

Tuesdays 11:30am-12:30pm (ONLINE)

Communication for Success | Great communication skills come with practice, and in this program you will learn helpful techniques and tools to better express yourself verbally and in writing, and learn to better understand others, in order to build trust and relationships. This program will explore the basics of body language, important context, developing listening skills, building understanding and communicating your message effectively.

Wednesdays 4:00pm-5:30pm (ONLINE)

NEW 4 WEEK WORKSHOP

Internet Safety | This crash course will provide you with a general understanding of the dangers of the internet and how to navigate this modern tool safely through any device. In this four week Zoom course, we will explore various aspects including internet safety, how to spot scams, protecting your identity and privacy, making safe online purchases, and how to avoid getting deceived by imposters (catfish) through real life applications and case studies.

Thursdays 4:00pm-5:30pm (ONLINE) Start Nov 18th



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Youth and Young Adults

Go Social | Feeling like the pandemic has left your social skills on the shelf? Looking for someone to talk to besides your dog? Join us at Go Social to brush up on your conversation skills. We will be meeting part time in person and part time over Zoom. Promise this will be fun. **Thursdays 3:30pm-5:00pm (OUTDOORS/ONLINE). Start Nov 18th**

GO Youth | Looking for ways to stay connected and social through winter? Join us every week to play games both on Zoom and IRL! We will play Jackbox games online one week, and on alternating weeks we will meet in the community to play board games at the park or café. **Wednesdays 3:30pm-5:00pm (OUTDOORS/ONLINE)**

How to register:

- Choose a group program based on your goals. Max of 2 programs per term.
- Email your thrive Recreational Therapist & thrive.registration@opendoorgroup.org or call 604-876-0773. For online programs, let us know if you are interested in virtual or over the phone session.
- Once registered for a program, you will receive a Zoom link or more information about the location of your program via email.
- Set up an appointment with your recreation therapist to discuss your goals.

December Holiday Event



Holiday Party & Lunch | *Join us for this special event.*
Location and date TBD.